

**WHERE
TO GO
WHEN YOU NEED
HELP**

2014 EDITION

WHERE TO GO WHEN YOU NEED HELP

2014 Edition

Compiled by



www.efmr.org

We hope this publication is helpful to you.
If you are not certain a listing has exactly the help you need, try
contacting one that you think is a close match to your need.
Chances are someone can refer you to the right resource.

Toll-free numbers and others listed may require that you dial "1" first.

Edited by Tom Dochat

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ABUSE

(See also CHILD ABUSE,
RAPE and WOMEN)

ACCESS YORK

(YWCA York)

Dedicated to helping victims and their children who suffer from abuse or threatened abuse; assists in preparing protection from abuse (PFA) petitions.

Domestic violence hotlines

800-262-8444

717-846-5400

717-637-2235 (Hanover)

Sexual violence hotlines

800-422-3204

717-854-3131

www.ywcayork.org/victim-services

CHILDLINE

State child abuse registry.

Call to report suspected child abuse or request a child abuse history clearance form.

800-932-0313

DOMESTIC VIOLENCE HOTLINES

(By county)

ADAMS: 800-787-8106

CUMBERLAND: 800-852-2102

DAUPHIN: 800-654-1211

FRANKLIN/FULTON: 800-621-6660

JUNIATA: 717-242-2444

LANCASTER: 717-299-1249

LEBANON: 866-686-0451

MIFFLIN: 717-242-2444

NORTHUMBERLAND/UNION/

SNYDER: 800-850-7948

PERRY: 800-852-2102

SCHUYLKILL: 800-282-0634

YORK: 800-262-8444

DOMESTIC VIOLENCE INTERVENTION

*Women's shelter and
counseling service in Lebanon.*

717-273-7190 or 866-686-0451

www.dviolc.org

FUTURES WITHOUT VIOLENCE

Information on family violence issues.

Washington office

202-595-7382

www.futureswithoutviolence.org

HERO PROJECT

If you suspect a child is being sexually abused and would like to talk it over with someone before taking action, call the 24-hour Hero Hotline.

877-874-HERO

www.hero-project.org

MIDPENN LEGAL SERVICES

Offers assistance in filing a protection from abuse (PFA) petition.

Harrisburg office:

213-A N. Front St., Harrisburg

717-232-0581

800-932-0356

Carlisle office:

401 E. Louthier St., Suite 103, Carlisle

717-243-9400

800-822-5288

Lebanon office:

513 Chestnut St., Lebanon

717-274-2834

800-326-9177

York office:

29 N. Queen St., York

717-848-3605

www.midpenn.org

NATIONAL DOMESTIC VIOLENCE HOTLINE

800-799-7233

TDD: 1-800-787-3224

NATIONAL SEXUAL VIOLENCE RESOURCE CENTER

Mission is to provide leadership in preventing and responding to sexual violence through collaboration, sharing and creating resources, and promoting research.

123 N. Enola Drive, Enola

717-909-0710

877-739-3895

www.nsvrc.org

PENNSYLVANIA COALITION AGAINST DOMESTIC VIOLENCE

*Private nonprofit organization working
to eliminate domestic violence, secure
justice for victims and help build
new lives free from abuse.*

National hotline

800-799-SAFE

Local number:

545-6400

3605 Vartan Way, Suite 101

Harrisburg

www.pcadv.org

PENNSYLVANIA COALITION AGAINST RAPE

*Works to eliminate all forms of sexual
violence and to advocate for the rights
and needs of victims of sexual assault.*

888-772-7227 (24-hour hotline)

717-728-9740

www.pcar.org

PINNACLE HEALTH CHILDREN'S RESOURCE CENTER

*Partners with child protection services,
social services, psychological support
services, crisis intervention, law enforcement
and district attorney's offices, to provide
efficient, quality care in a safe, child-friendly
environment for children suspected of having
been abused or neglected.*

2645 North Third Street, Harrisburg

717-782-6800

www.pinnaclehealth.org/crc

SEXUAL ASSAULT RESOURCE & COUNSELING CENTER

717-272-5308 (hotline)

615 Cumberland St., Lebanon

YWCA OF GREATER HARRISBURG

*Violence intervention
and prevention services*

Hotline

800-654-1211

www.ywcahbg.org

ADOPTION

ADOPTIONS FROM THE HEART

Non-profit, nonsectarian agency.

800-355-5500

Central PA office

717-232-1787

717-399-7766

1525 Oregon Pike, Suite 402,
Lancaster

www.adoptionsfromtheheart.org

CATHOLIC CHARITIES

Office of Adoption Services

717-564-7115

939 East Park Drive, Suite 103,
Harrisburg

www.cchbg.org

COMMON SENSE ADOPTION SERVICES

*A licensed, non-profit adoption
and foster care agency.*

717-412-0772

800-445-2444

3001 Market St., Camp Hill
www.commonsenseadoption.org

FAMILY CARE SERVICES

717-263-2285

4385 Edenville Road, Chambersburg

JEWISH FAMILY SERVICE OF GREATER HARRISBURG INC.

717-233-1681

3333 N. Front St., Harrisburg

www.jfsofhhbg.org

SWAN

(Statewide Adoption and Permanency Network)

*A broad-based cooperative effort and a
centralized information and facilitation service
funded and overseen by the Pennsylvania
Department of Public Welfare. The SWAN
program serves children in the custody of
county children and youth agencies.*

800-585-SWAN

www.adoptpakids.org

UNITED METHODIST HOME FOR CHILDREN INC.

*Recently received an adoption services
license. Is currently being mentored
by the SWAN affiliate agency,
Family Care Services, Inc.*
717-766-7652
5120 Simpson Ferry Road
Mechanicsburg
www.umhcservices.org

AIDS

AIDS FACTLINE

*Offers information and referrals
on HIV/AIDS issues.*
800-662-6080

ALDER HEALTH SERVICES

Free testing and confidential counseling.
717-233-7190
100 N. Cameron St. Suite 301,
Harrisburg
www.alderhealth.org

CENTER FOR DISEASE CONTROL NATIONAL AIDS HOTLINE

800-CDC-INFO (800-232-4636)
TTY: 888-232-6348
24 hours a day, 7 days a week
www.cdc.gov/hiv/

FAMILY HEALTH COUNCIL OF CENTRAL PA

*A private, not-for-profit organization
dedicated to improving health, preventing
disease, and promoting wellness.*
717-761-7380
3461 Market Street, Suite 200, Camp Hill
www.fhccp.org

THE HOPE PROGRAM

*Provides HIV/AIDS education
and prevention programs, HIV
treatment and other services.
Part of Hamilton Health Center.*
717-230-3949

LOAVES OF LOVE FOOD PANTRY

*Focused on serving the needs
of people living with AIDS and HIV.*
Every other Wednesday.
Harris Street United Methodist Church
250 Harris St., Harrisburg
717-238-4036

PA DEPARTMENT OF HEALTH

877-724-3258

PINNACLEHEALTH – REACCH

*Emphasizes treatment and prevention of
the spread of HIV for adults.*
717-782-2750
2501 N. Third St., Harrisburg

ALCOHOL PROBLEMS

ALCOHOLICS ANONYMOUS

717-234-5390
www.aaharrisburg.org

ALCOHOLICS AND NARCOTICS HELPLINE

24 hours
717-238-5920

AL-ANON/ALATEEN

*For information on where
to find a local meeting:*
888-425-2666
www.pa-al-anon.org
www.al-anon.alateen.org

BETHESDA MISSION

*Helmsman program helps lives
affected by drug and alcohol addiction*
611 Reily St., Harrisburg
717-257-4440
www.bethesdamission.org

CONTACT HELPLINE

Information and referral service
800-932-4616
717-652-4400
717-249-6226 (Carlisle area)
www.contacthelpline.org

BABY LOVE

Provides free intensive case management services designed to help women with addictions. Participants must be Dauphin County resident, pregnant or have a child under 5 years of age. Program is part of Hamilton Health Center.
1-866-530-2229
www.harrisburgbabylove.com

DAUPHIN COUNTY DEPARTMENT OF DRUG & ALCOHOL SERVICES

1100 S. Cameron St., Harrisburg
717-635-2254

DAYSTAR CENTER FOR SPIRITUAL RECOVERY

Empowers people overcoming substance abuse through spiritual resources, therapeutic counseling and practical aid.
717-230-9898
125 N. 18th St., Harrisburg
www.daystarrecovery.com

GAUDENZIA-HARRISBURG

Operates 23 programs in Harrisburg area offering a variety of services such as detox, residential and outpatient programming.
717-238-4200
www.gaudenzia.org

JUST FOR TODAY RECOVERY SERVICES

Operates homes in Harrisburg and Mechanicsburg for recovering alcoholics and drug addicts.
717-880-8068

MOTHERS AGAINST DRUNK DRIVING (MADD)

Has an ongoing agenda to educate youth about the dangers of impaired driving and underage drinking, as well as adult education programs.
Pennsylvania office
717-657-3911
www.madd.org

PERRY HUMAN SERVICES

Provides treatment to individuals struggling because of substance use.
717-582-8703
Mulhollem Office Centre
8391 Spring Road, New Bloomfield

THE RASE PROJECT

Assists individuals affected by substance abuse.
100 N. Cameron St.,
Suite 401-E, Harrisburg
717-232-8535
www.raseproject.org

SALVATION ARMY ADULT REHABILITATION CENTER

717-541-0204

TEEN CHALLENGE HARRISBURG

Faith-based residential program for drug and alcohol abuse problems.
717-303-5829
www.harrisburgtc.org

YORK RESCUE MISSION

Offers Spiritual Life Recovery Program for men dealing with alcohol and drug issues.
717-845-7662
363-373 West Market Street, York
www.yorkrescuemission.org

BREAST CANCER

CANCER INFORMATION SERVICE

(National Cancer Institute)
800-422-6237
www.cancer.gov

PENNSYLVANIA BREAST CANCER COALITION

800-377-8828
www.pabreastcancer.org

SUSAN G. KOMEN FOR THE CURE

877-GO-KOMEN (465-6636)
www.komen.org

BULLYING

ANTI-DEFAMATION LEAGUE

www.noplaceforhate.org

THE FOUNDATION FOR HOPE

Community outreach program to raise awareness of harmful effects from bullying, depression and suicide.

24-hour hotline
1-855-HOPE-611

PENNSYLVANIA STUDENT EQUALITY COALITION

717-743-1035
www.pennsec.org

CHILD ABUSE

TO REPORT CHILD ABUSE

Pennsylvania Department
of Public Welfare's registry:
800-932-0313

AMERICAN HUMANE ASSOCIATION

www.americanhumane.org/children

ASSOCIATION OF SITES ADVOCATING CHILD PROTECTION

Dedicated to elimination of child pornography on the Internet
www.asacp.org

CHILD HELP

*National Child Abuse Hotline
to report suspected child abuse.*
800-422-4453
800-4-A-CHILD
www.childhelp.org

HERO PROJECT

If you suspect a child is being sexually abused and you would like to talk it over with someone before taking action, call the 24-hour Hero Hotline.

877-874-HERO
www.hero-project.org

OFFICE OF THE VICTIM ADVOCATE

*Represents the interests
of crime victims.*

800-563-6399
TTD: 877-349-1064
800-322-4472
www.o.va.state.pa.us

PENNSYLVANIA COALITION AGAINST RAPE

Help for victims of sexual abuse, including information, referrals and resources.
888-772-7227 (24-hour hotline)
717-728-9740
www.pcar.org

PINNACLE HEALTH CHILDREN'S RESOURCE CENTER

Partners with child protection services, social services, psychological support services, crisis intervention, law enforcement and district attorney's offices, to provide efficient, quality care in a safe, child-friendly environment for children suspected of having been abused or neglected.
2645 North Third Street, Harrisburg
717-782-6800
www.pinnaclehealth.org/crc

CHILDREN

(See also MEDICAL & TEENS)

AMERICAN HUMANE ASSOCIATION

www.americanhumane.org/children

AUTISM SOCIETY, GREATER HARRISBURG AREA CHAPTER

*Helps improve lives of
those affected by autism.*

1-800-244-2425

PO Box 101, Enola

www.autismharrisburg.org

BABIES

*Pennsylvania Department of Health
The Bureau of Family Health's Love'em
with a Check-up Program is a statewide
outreach initiative encouraging pregnant
women and women that might be pregnant
to get medical care. Women and families
can get information and referrals to
medical providers and healthcare
coverage programs.*
800-986-BABY

BETHESDA MISSION YOUTH CENTER

1438 Herr St., Harrisburg
717-257-5484

BOYS AND GIRLS CLUB OF CENTRAL PENNSYLVANIA

*After-school services and programs
include Smart Girls, Street Smart, Family
Support and Power Hour.*

717-234-3268

1227 Berryhill Street, Harrisburg
www.bgccp.org

CAPITAL AREA HEAD START

*Provides education and other services
to low income children and their families.*

717-541-9620

3700 Vartan Way, Harrisburg
www.keystonehumanservices.org

CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)

*A state-funded health insurance for
uninsured children and teens.*
800-986-KIDS
www.chipcoverspakids.com

CHILD CARE WORKS HELPLINE

*State subsidized child care
program based on income*
800-692-7462

CHILD CARE INFORMATION SERVICES

Cumberland and Perry counties
717-243-4014 or 800-358-8725
Dauphin County
717-233-8454 or 800-952-7419
Lebanon County
717-274-6552 or 888-313-2247
York County
717-854-2273 or 800-864-4925

CHILD FIND OF AMERICA

*Independent charity aimed at
bringing missing children home.*
800-I-AM-LOST (800-426-5678)
www.childfindofamerica.org

CHILDREN'S HOME OF YORK

Provides social services for children.
717-755-1033
77 Shoe House Road, York
www.choyork.org

COMMUNITY ACTION COMMISSION

*Various programs ranging from
pre-school children to at-risk youth*
1514 Derry Street, Harrisburg
717-232-9757
*Also provides Community Action Growing
Center, childcare services for children 15
months to 12 years of age at Hall Manor.*
717-232-2408
www.cactricounty.org

CHILDREN & YOUTH OF DAUPHIN COUNTY

*Dedicated to the health, safety and
welfare of children and families.*
717-780-7200
1001 N. Sixth St., Harrisburg

COMMUNITY CHECK UP-CENTER

*Provides medical services to uninsured
and underinsured individuals of
South Harrisburg.*
Pediatrics, 8:30 a.m. to 4:30 p.m.
Monday through Friday
Women, 9 a.m. to 4:30 pm. Tuesday
and Friday
717-233-1700
38C Hall Manor
www.communitycheckupcenter.org

FAMILY HEALTH COUNCIL OF CENTRAL PA

717-761-7380
3461 Market Street, Camp Hill
www.fhccp.org

FUTURES WITHOUT VIOLENCE

Information on family violence issues
Washington office
202-595-7382
www.futureswithoutviolence.org

GREATER HARRISBURG HEALTHY START

*A program of Hamilton Health Center
that provides prenatal and postpartum
care for women and children in
Harrisburg and Steelton area.*
717-909-1278
www.harrisburghealthystart.com

HOLDING HOPE

*Works to support families of children with
life-threatening illnesses being treated at
Penn State Hershey Children's Hospital*
717-982-8126
www.holdinghope.org

HEIDI SEARCH CENTER

*The Heidi Search Center assists families,
communities and law enforcement
agencies in the recovery of missing
children and adults at risk by advocating
community awareness, facilitating search
and location efforts and offering assistance
and referrals to those with missing
loved ones nationwide.*
800-547-4435
www.heidisearchcenter.com

KEYSTONE CHILDREN AND FAMILY SERVICES

Provides services to children and families.
717-541-9620
3700 Vartan Way, Harrisburg

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

*Call to report missing children
and suspected child sexual
exploitation and trafficking.*
800-843-5678
www.missingkids.com

NEW HOPE MINISTRIES

*Reaches out to "at risk" children and youth
in communities with the goal of providing
structured, constructive programs and
positive adult role models. Serves youth
in Dillsburg, Dover, Hanover,
Mechanicsburg and West Shore area.*
211 S. Baltimore St., Dillsburg
717-432-2087
www.nhm-pa.org

NORTHERN DAUPHIN HUMAN SERVICES CENTER

Children and youth services
295 State St. Elizabethtown
717-905-2700

PHOENIX YOUTH CENTER INC.

717-838-0302
325 S. Railroad St., Palmyra
www.phoenixyouthcenter.com

SPECIAL KIDS NETWORK HELP PA

Centralized database of available services and referrals for children with chronic or disabling health conditions.
800-986-4550

UNITED METHODIST HOME FOR CHILDREN INC.

Provides emergency shelter and residential treatment for children on 56-acre campus in Cumberland County. Children are referred to the home primarily by county children and youth agencies and family courts.
717-766-7652

5120 Simpson Ferry Road
Mechanicsburg
www.umhcservices.org

WIC

A federally funded program that provides healthy supplemental foods and nutrition services for pregnant women, new mothers, infants and children under age five.

800-WIC-WINS
www.pawic.com

Services available at Hamilton Health Center
717-230-3909

YORK COUNTY CHILDREN & YOUTH SERVICES

717-846-8496
800-729-9227
www.yccys.org

YOUTH ADVOCATE PROGRAM, INC.

A nationally recognized nonprofit organization committed to providing cost-effective, community-based alternatives to institutional placement through direct service, advocacy, and policy change.

2007 N. Third St., Harrisburg
717-232-7580
www.yapinc.org

CONSUMER PROTECTION

(See also EMERGENCY HELP
& HEATING ASSISTANCE)

ATTORNEY GENERAL'S OFFICE

Consumer Protection Hotline
800-441-2555

Strawberry Square
Harrisburg, PA17120
Consumer Health Care Section
877-888-4877

BETTER BUSINESS BUREAU

717-364-3250

CONSUMER ADVOCATE

Represents Pennsylvania consumers regarding matters of their utility service.

800-684-6560
717-783-5048

Office of Consumer Advocate
555 Walnut St., 5th Floor,
Forum Place, Harrisburg
www.oca.state.pa.us/

FLOOD INSURANCE INFORMATION

888-FLOOD-10

PENNSYLVANIA DEPARTMENT OF INSURANCE

1209 Strawberry Square, Harrisburg
877-881-6388
www.insurance.pa.gov

TELEMARKETERS

To register your phone number on the Do-Not-Call list at no cost
888-382-1222
www.donotcall.gov

DISABILITIES

THE ARC OF CUMBERLAND AND PERRY COUNTIES

*For people with intellectual and
developmental disabilities.*

717-249-2611

71 Ashland Ave., Carlisle

www.cparc.org

THE ARC OF DAUPHIN COUNTY

*For people with intellectual and
developmental disabilities.*

877-533-7098

717-920-2727

2569 Walnut St., Penbrook

www.arcofdc.org

CENTER FOR INDEPENDENT LIVING OF CENTRAL PA

*CILCP encourages, motivates, and
supports people with disabilities to
achieve goals, meet challenges, fulfill
dreams and ultimately live well!*

717-731-1900

800-323-6060

207 House Ave., Suite 107

Camp Hill

www.cilcp.org

EASTER SEALS

Central Region, Capital Division

*Easter Seals provides programs and
services to ensure that people with
disabilities or other special needs and
their families have equal opportunities to live,
learn, work and play in their communities.*

717-901-3993

3029 N. Front St., Harrisburg

www.easterseals.com

S. JUNE SMITH CENTER

*Supports children with
developmental needs.*

717-299-4829

600-I Eden Road, Lancaster

www.sjunsmith.com

KEYSTONE HUMAN SERVICES

717-232-7509

124 Pine St., Harrisburg

keystonehumanservices.org

PARENT TO PARENT OF PENNSYLVANIA

*Linking families of children and adults
with a disability or special need.*

1-888-727-2706

6340 Flank Drive, Suite 600

Harrisburg.

www.parenttoparent.org

VISION RESOURCES OF CENTRAL PENNSYLVANIA

*Provides support and promotes the
interests of people who are blind, visually
impaired and otherwise disabled.*

717-238-2531

1130 S. 19th St., Harrisburg

www.vrocp.org

UNITED CEREBRAL PALSY CENTRAL PA

925 Linda Lane, Camp Hill

717-737-3477

800-998-4827

www.ucpcentralpa.org

WORKS FOR ME

*A free resource that can direct people to
agencies and programs that help people
with disabilities who want to work and
improve their financial security.*

877-268-9894

worksforme-pa.org

DRUG PROBLEMS

ALCOHOLICS AND NARCOTICS HELPLINE

24 hours

717-238-5920

AMIRACLE4SURE

Caters to restoring lives of women affected by substance abuse.

717-238-1523

www.amiracle4sure.org

BABY LOVE

Provides free intensive case management services designed to help women with addictions. Participants must be Dauphin County resident, pregnant or have a child under 5 years of age. Program is part of Hamilton Health Center.

1-866-530-2229

www.harrisburgbabylove.com

BEHAVIORAL HEALTH TREATMENT SERVICES LOCATOR

www.findtreatment.samhsa.gov

BETHESDA MISSION

Helmsman program helps lives affected by drug and alcohol addiction

611 Reily St., Harrisburg

717-257-4440

www.bethesdamission.org

CONTACT HELPLINE

Local information and referral service

800-932-4616

717-652-4400

717-249-6226 (Carlisle)

www.contacthelpline.org

DAYSTAR CENTER FOR SPIRITUAL RECOVERY

Empowers people overcoming substance abuse through spiritual resources, therapeutic counseling and practical aid.

717-230-9898

125 N. 18th St., Harrisburg

www.daystarrecovery.com

GAUDENZIA-HARRISBURG

Operates 23 programs in Harrisburg area offering a variety of services such as detox, residential and outpatient programming.

717-238-4200

www.gaudenzia.org

JUST FOR TODAY RECOVERY SERVICES

Operates homes in Harrisburg and Mechanicsburg for recovering alcoholics and drug addicts.

717-880-8068

NARCOTICS ANONYMOUS

717-233-3733

THE PARTNERSHIP AT DRUGFREE.ORG

Working toward a vision where all young people will be able to live their lives free of drug and alcohol abuse.

855-378-4373

www.drugfree.org

PENNSYLVANIA DEPARTMENT OF DRUG AND ALCOHOL PROGRAMS

717-783-8200

2 Kline Plaza, Suite 8

www.ddap.pa.gov

PERRY HUMAN SERVICES

Provides drug and alcohol services, adult social services, and educational programs in the schools and in the community

717-582-8703

Mulhollem Office Centre

8391 Spring Road, New Bloomfield

SALVATION ARMY ADULT REHABILITATION CENTER

717-541-0204

3650 Vartan Way, Harrisburg

ST. MARTIN DE PORRES CATHOLIC WORKER HOUSE

Works with men who have addictions.

1440 Market St., Harrisburg

230-8328

SUBSTANCE ABUSE TREATMENT

www.findtreatment.samhsa.gov

THE RASE PROJECT

*Assists individuals affected
by substance abuse.*

100 N. Cameron St.,
Suite 401-E, Harrisburg
717-232-8535
www.raseproject.org

TEEN CHALLENGE HARRISBURG

*A faith based drug and alcohol
rehabilitation program*

717-303-5829
www.harrisburgtc.org

YORK RESCUE MISSION

City soup kitchen and homeless shelter

717-845-7662
363-373 West Market Street, York
www.yorkrescuemission.org

EATING DISORDERS

CONTACT HELPLINE

Information and referral service.

800-932-4616
717-652-4400
717-249-6226 (Carlisle)
www.contacthelpline.org

NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS

630-577-1330
anad.org

OVEREATERS ANONYMOUS

oa.org

EDUCATION FOR ADULTS

(See also MENTORING)

CENTRAL PENNSYLVANIA LITERACY COUNCIL

717-763-7522
225 Hummel Ave. (rear), Lemoyne
www.centralpaliteracycouncil.com

COMMUNITY ACTION COMMISSION

*Success Academy's workforce training
to help develop computer skills and
improve language skills.*

717-232-9757
1514 Derry Street, Harrisburg
www.cactricounty.org

EMPLOYMENT SKILLS CENTER

*Provides educational, counseling,
training and employment services.*

717-243-6040
29 S. Hanover Street, Carlisle
www.employmentskillscenter.org

GOODWILL KEYSTONE AREA

Provides vocational training services.

800-432-4483
1150 Goodwill Drive, Harrisburg
www.yourgoodwill.org

LITERACY COUNCIL OF LANCASTER-LEBANON

756 Cumberland St., Suite 4, Lebanon
717-274-3461
24 S. Queen St., Lancaster
717-295-5523
www.getliterate.org

PENNSYLVANIA CAREERLINK

*Employment transition counseling, job
training and job search resources.*

717-783-3270
100 N. Cameron St., Suite 101
Harrisburg
www.cwds.state.pa.us

PROBE

Teaches career readiness and job search skills for individuals and provides career resource assessments.

717-939-2260

900 Cumbler St., Steelton

PROSPERITY CENTER

717-939-2339

Monumental AME Church

105 Adams St., Steelton

PERRY COUNTY LITERACY COUNCIL

Literacy services

133 S. Fifth St., Newport

717-567-7323

www.perryliteracy.com

TRI-COUNTY OIC ADULT LEARNING CENTER

Provides education and training services in Cumberland, Dauphin,

Perry and York counties

500 Maclay St., Harrisburg

717-238-7318

www.tricountyoic.org

YORK COUNTY LITERACY COUNCIL

Literacy services for adults

717-845-8719

800 East King Street, York

www.yorkliteracy.org

YW-WORKS

(YWCA of Greater Harrisburg)

1101 Market St., Harrisburg

234-7931

EMERGENCY HELP

(See also CONSUMER PROTECTION, HEATING ASSISTANCE AND SHELTERS)

AMERICAN RED CROSS OF THE SUSQUEHANNA VALLEY

717-234-3101

1804 N. Sixth St., Harrisburg

www.sqvalleyredcross.org

Middletown area office

717-948-3041

60 W. Emaus St., Middletown

Lebanon office

717-273-2671

1220 Mifflin St., Lebanon

CONTACT HELPLINE

Emergency counseling and referral agency for social services;

24 hours a day, 7 days a week.

800-932-4616

717-652-4400

717-2496226 (Carlisle)

www.contacthelpline.org

CRISIS INTERVENTION SERVICES (Dauphin County)

24-hour emergency mental health services.

888-596-4447

717-232-7511

100 Chestnut St., Harrisburg

CRISIS INTERVENTION (Cumberland/Perry counties)

Immediate help dealing with a serious problem

Camp Hill, 763-2222

Carlisle: 717-243-6005

All other areas, 866-350-HELP

DEPARTMENT OF PUBLIC WELFARE

HOTLINE

800-692-7462

HELP MINISTRIES OF CHRISTIAN CHURCHES UNITED

*Provides emergency shelter,
assistance and services for the
homeless and needy.*

717-238-2851

413 S. 19th Street, Harrisburg
www.ccuahbg.org

LIHEAP

*Pennsylvania Low Income Home
Energy Assistance Program Hotline.*
866-857-7095

NEW HOPE MINISTRIES

*Provides help for people in Dillsburg, Dover,
Hanover and Mechanicsburg areas.*

211 S. Baltimore St., Dillsburg
717-432-2087
www.nhm-pa.org

PERRY HUMAN SERVICES

*Provides housing assistance and
emergency shelter services.*
717-582-8703

Mulhollem Office Centre
8391 Spring Road, New Bloomfield

ETHNIC/RACIAL DISCRIMINATION OR INTIMIDATION

COMMUNITY JUSTICE PROJECT

*Mission is to protect and expand the civil
rights of poor families and low-wage workers.*

800-322-7572
717-236-9486

118 Locust St., Harrisburg
www.communityjusticeproject.org

FAIR HOUSING COUNCIL OF THE CAPITAL REGION INC.

*Seeks to end discrimination in housing
market, both rental and for-sale properties.*

717-238-9540
2100 N. Sixth St., Harrisburg
pafairhousing.org

PENNSYLVANIA HUMAN RELATIONS COMMISSION

Executive office
333 Market St., 8th floor, Harrisburg
717-787-4410
TTY 717-787-7279
Harrisburg regional office
333 Market St., 8th floor, Harrisburg
717-787-9780
TTY 717-787-7279
www.phrc.state.pa.us

FOOD ASSISTANCE

(See also SOUP KITCHENS)

Where information is not listed,
call for days and times and place
food is distributed.

For additional information, contact
CENTRAL PA FOOD BANK at
717-564-1700 or find a location near
you under partner agencies at
www.centralpafoodbank.org.

ALLISON HILL COMMUNITY MINISTRY FOOD PANTRY

Serves residents in 17104 Zip code.
Tuesdays and Thursdays, 12 to 1 p.m.
Derry Street United Methodist Church
1508 Derry St., Harrisburg.
717-233-6441

ANTIOCH TABERNACLE FOOD PANTRY, SOUP KITCHEN

*Serves residents in 17103 and 17104 Zip
codes. Must have photo ID and current
address for verification. Also offers a
lunchtime meal program on Thursdays.*

Food bank hours:
Tuesday, 12 to 1 p.m.; Wednesday
and Thursday, 11:30 a.m. to 1 p.m.
717-233-8231
1920 North Street, Harrisburg
www.antioch-tabernacle.org

BIG SPRING AREA FOOD BANK

For Newville area residents

Last Monday of month, 9 to 11 a.m.
Big Spring United Lutheran Church
101 Crossroad School Road, Newville
717-776-3109

BREAD OF LIFE OUTREACH

Newport Assembly of God Church
Emergency needs
Monday, Wednesday, Friday
9 a.m. to 12 p.m.
Food distribution
Second Saturday of month
717-567-3333

THE BRIDGE

EMERGENCY FOOD BANK

(Christian Churches United)

*Serves residents in New Cumberland,
Lemoyne and Camp Hill, third Friday
of every month at the Senior Center
in New Cumberland*
717-774-6255

CARING CUPBOARD

Palmyra Area Cooperating Churches
3 to 6 p.m. Monday;
10 a.m. to 12 p.m. & 5:30 to 7 p.m.
Wednesday;
12 to 2 p.m., Friday
131 N. Railroad St., Palmyra
717-838-9493
www.paccministry.org

CATHOLIC HARVEST FOOD PANTRY

Operates food pantry in York County.
Hours are 6 to 7 p.m. Monday
through Friday, 9 a.m. to 12 p.m. first
and third Thursday of month, and
3:45 to 4:45 p.m. fourth Monday of
month.
717-846-8571
628 E. Market St., York
www.catholicarvest.org

CHANNELS FOOD RESCUE

*Distributes to homeless shelters,
soup kitchens and related agencies.*
*Also offers a job-training kitchen
school for low income persons.*
3305 N. Sixth St., Harrisburg
717-232-1300
www.channelsfoodrescue.com

CHRISTIAN LIFE ASSEMBLY FOOD BANK

Normally operates 9 a.m. to 12 p.m.
on Tuesday following second Monday
of month.
2645 Lisburn Road., Camp Hill
717-737-6560

THE CROSSPOINT FOOD PANTRY

*Serves residents in the 17103,
17109 and 17111 Zip codes.*
Open on the first and third Saturdays
of the month from 1 to 3 p.m.
717-545-1911
6570 Mifflin Ave., Harrisburg
www.xpointumc.org

THE CUPBOARD AT CALVARY

*Serves residents in the 17109,
17111 and 17112 Zip codes.*
4:30 to 6 p.m., second and fourth
Thursdays of the month
Calvary United Methodist Church
4700 Locust Lane
Lower Paxton Twp.
717-545-0021

ECUMENICAL FOOD PANTRY

9:30 a.m. to 12 p.m. & 12:30 to 2 p.m.
Monday through Friday, except
Wednesday when morning closes
at 11:30 a.m.
Messiah Lutheran Church
Sixth and Forster Streets, Harrisburg
717-233-6889

**EMANUEL CHURCH
OF GOD IN CHRIST**

Operates community food bank from
10 a.m. to 12 p.m. on Wednesdays.
717-232-0475
601 N. 16th St., Harrisburg

FEED MY SHEEP FOOD MINISTRY

*Call for assistance in Dauphin Borough
and Middle Paxton Twp.
717-877-0964*

FIVE LOAVES FOOD PANTRY

*Serves residents of 17043, 17011,
17010 and 17025 Zip codes.*
Third Saturday of month
10 a.m. to 12 p.m.
32 S. Front St., Wormleysburg
717-737-1903

GRACE HOUSE

*Serves 17104 zip code area
238-1819*

GRANTVILLE AREA FOOD PANTRY

Thursdays, 6 to 8 p.m.
Fridays, 10 a.m. to 12 p.m.
117 N. Faith Road, Grantville
717-469-2444

**GREATER ZION MISSIONARY
BAPTIST CHURCH**

Third Monday of month, 5 to 7 p.m.
212 N. Progress Ave., Harrisburg
717-541-0388
www.greaterzionbaptist.org

**HARRISBURG BRETHREN
IN CHRIST CHURCH**

Operates food pantry on second
Monday of month from 1 to 2 p.m.
and fourth Friday of month
from 4 to 6 p.m.
717-561-2170
2217 Derry St., Harrisburg
www.harrisburgbic.org

HARRISBURG FOOD MINISTRY

1201 Slate Hill Road, Camp Hill
717-761-2933, x321
Distributes food from 10:45 a.m. to
12 p.m. Wednesday at Bethel AME
Church, 1721 N. Fifth St., Harrisburg,
and 10:45 a.m. to 12 p.m. Friday at
First Church of the Brethren
219 Hummel St., Harrisburg
www.harrisburgfoodministry.org

HALIFAX

UNITED METHODIST CHURCH

*Serves residents in
Halifax and Millersburg area*
717-896-8092
9 to 11 a.m. Mondays,
4 to 6 p.m. Tuesdays and Thursdays
1st, 3rd and 5th Saturdays, 9 to 11 a.m.
105 Wind Hill Road, Halifax
www.halifaxumc.com

HERSHEY FOOD BANK

Distribution to established clients on
first and third Thursdays of month,
9 to 11:30 a.m. and 5 to 6:30 p.m.;
and third Wednesday of month,
9 to 11:30 a.m.
120 E. Derry Road, Hershey
717-520-3143
www.hersheyfoodbank.com

**INTERFAITH COUNCIL OF
MIDDLETOWN FOOD PANTRY**

Serves residents in 17057 Zip code
Tuesdays and Fridays
10 a.m. – 12:30 p.m.
201 Wyoming St., Royalton
717-944-4651

**INTERNATIONAL
SERVICE CENTER**

Tuesday, Wednesday and Thursday
10 a.m. to 3 p.m.
21 S. River St., Harrisburg
717-236-9401
www.isc76.org

**THE KING'S KETTLE
FOOD PANTRY**

Open 1st, 2nd & 3rd Tuesdays
5 to 6 p.m.
Operated by Jesus Loves You
Ministries, Inc.
717-530-9200
30 North Fayette Street,
Shippensburg

**LEBANON COUNTY
CHRISTIAN MINISTRIES**

717-272-4400
www.lccm.us

**MACENONIA MISSIONARY
BAPTIST CHURCH**

Operates food bank from
4 to 6 p.m. on Fridays.
717-232-8946
2339 N. Sixth St., Harrisburg

MANNA FOOD PANTRY

Thursdays, 6 to 8 p.m.
56 Banks St., Penbrook
717-232-5275

**MILLERSBURG ASSEMBLY
OF GOD CHURCH**

(Bread of Life Food Ministry)
2261 Shippen Dam Road, Millersburg
717-692-3904

**MOUNT HOLLY SPRINGS
FOOD BANK**

*Serves residents in Mount Holly Springs,
Gardners and Boiling Springs. Proof
of residency is required.*
Tuesdays from 12 to 2 p.m.
202 W. Butler St.
Mount Holly Springs
717-486-4883

NEW HOPE MINISTRIES

*Offers food services to clients
who meet eligibility requirements*
717-432-3053 (Dillsburg)
717-766-7333 (Mechanicsburg)

**NEW HOPE
PRIMITIVE BAPTIST CHURCH**
Serves residents in Steelton and
Highspire areas on first Wednesday
of month from 4:30 to 6 p.m.
717-939-5028
395 S. Second St., Steelton

**NORTHERN DAUPHIN
FOOD PANTRY**
717-905-2512

**PENNSYLVANIA
HUNGER ACTION CENTER**

Food stamp/SNAP outreach
800-634-2033
PO Box 652, Enola
717-525-9807
www.pahunger.org

PERRY COUNTY FOOD BANK

For eligible Perry County residents
8:45 to 11:45 a.m. and 1 to 3 p.m.,
Monday and Wednesday;
8:45 to 11:45 a.m. Friday
717-582-9978
300A S. Carlisle St., New Bloomfield

PROJECT S.H.A.R.E. FOOD BANK

*Distributes food to residents in the
communities of Carlisle, Carlisle Springs,
Mt. Holly Springs, Boiling Springs, Gardners
(Cumberland County), Plainfield, New
Kingstown, and Middlesex areas in the week
containing the third Thursday of the month.*

New times are
12 to 2 p.m. Tuesday;
9 to 11 a.m. Wednesday;
3:30 to 5:30 p.m. Thursday;
and 9 to 11 a.m. Saturday.
717-249-7773
www.projectshare.net

GAMBLING

GAMBLERS ANONYMOUS
215-987-3723 (Delaware Valley)
gamblersanonymous.org

**NATIONAL COUNCIL
ON PROBLEM GAMBLING**

1-800-522-4700
www.ncpgambling.org

**PENNSYLVANIA PROBLEM
GAMBLING HOTLINE**

877-565-2112

**GAY/LESBIAN
ORGANIZATIONS**

**CENTRAL PENNSYLVANIA
GAY AND LESBIAN
CHAMBER OF COMMERCE**

Box 135, Harrisburg, 17108

www.cpglcc.org

EQUALITY PA

*State's leading advocacy organization for
lesbian, gay, bisexual, and transgender
(LGBT) Pennsylvanians.*

717-319-5210

1306 N. Third St., Harrisburg

www.equalitypa.org

THE FOUNDATION FOR HOPE

*Community outreach program to raise
awareness of effects from bullying,
depression and suicide.*

24-hour hotline

1-855-HOPE-611

**LGBT CENTER OF
CENTRAL PENNSYLVANIA**

717-920-9534

1306 N. Third St., Harrisburg

www.centralpalgbtcenter.org

**PENNSYLVANIA STUDENT
EQUALITY COALITION**

717-743-1035

www.pennsec.org

PRIDE FESTIVAL OF CENTRAL PA

717-801-1830

PO Box 4213, Harrisburg 17111

www.prideofcentralpa.org

HEATING ASSISTANCE

(See also CONSUMER PROTECTION
& EMERGENCY HELP)

**COMMUNITY ACTION
COMMISSION**

*The commission participates in the PPL
OnTrack program that offers electricity
customers with limited incomes special
reduced monthly payments based on
income, electricity usage and family size.*

717-237-9757

1514 Derry Street, Harrisburg

www.cactricounty.org

**DAUPHIN COUNTY
ASSISTANCE OFFICE**

*Helps low-income residents pay heating
bills through home heating energy
assistance grants and other crisis grants.*

800-788-5616

PO Box 5959

2432 N. Seventh St., Harrisburg

**DAUPHIN COUNTY
WEATHERIZATION OFFICE**

800-950-7447

717- 692-2637

200 First Street

Millersburg

FIRST ENERGY WARM PROGRAM

*Met-Ed owner First Energy partners
with community-based organizations
and energy conservation contractors
who provide energy-saving home
improvements and energy*

education for customers

800-207-9276

**HELP MINISTRIES OF
CHRISTIAN CHURCHES UNITED**

*Administers PPL's regional
energy assistance program.*

717-238-2851

413 S. 19th Street

Harrisburg

www.ccuahbg.org

JOIN HANDS MINISTRY
25 E. McClure St.
New Bloomfield
www.joinhandsministry.com

**LEBANON COUNTY
CHRISTIAN MINISTRIES**
717-376-0129
www.lccm.us

LIHEAP
*Pennsylvania Low Income Home
Energy Assistance Program Hotline*
866-857-7095

NEW HOPE MINISTRIES
*Offers help for those with termination
notices. Administers PPL's Operation Help,
Met-Ed's PCAP, Columbia Gas CAP and
Dollar Energy grants. Help is for people in
Dillsburg, Dover and Mechanicsburg/West
Shore areas.*
211 S. Baltimore St, Dillsburg
717-432-2087 www.nhm-pa.org

**PENNSYLVANIA DEPARTMENT
OF PUBLIC WELFARE**
800-692-7462

**PENNSYLVANIA PUBLIC UTILITY
COMMISSION (PUC)**
*Regulates and enforces laws regarding
consumer rights in disputes with utilities.*
800-692-7380
www.puc.state.pa.us

PPL ONTRACK PROGRAM
*Special payment program
for low-income households.*
800-358-6623

OPERATION HELP
Provides emergency financial aid.
800-342-5775
www.pplelectric.com

UGI
Low Income Self-Help and other programs
800-844-9276

HISPANIC COMMUNITY

**CENTRO HISPANO
JOSE E. HERNANDEZ**
Assists Hispanic community in York.
717-846-9434
225 E. Princess St., York
www.chjh-york.org

**GOVERNOR'S COMMISSION
ON LATINO AFFAIRS**
717-787-5825
www.gacla.state.pa.us
**HISPANIC CHAMBER OF
COMMERCE OF CENTRAL PA**
717-234-4704
112 Market St., Suite 415, Harrisburg
www.hispanicchambercentralpa.org

**LA CASA DE AMISTAD
OF CHRISTIAN CHURCHES UNITED**
Social service center for Hispanic community.
717- 236-3279
413 South 19th Street, Harrisburg
www.ccuahbg.org

**LATINO HISPANIC
AMERICAN COMMUNITY CENTER**
1301/1319 Derry St., Harrisburg
717-232-8302
www.lhacc.org

**PENNSYLVANIA ASSOCIATION
OF LATINO ORGANIZATIONS**
*Implements strategies to meet
the needs of the Latino community.*
717-920-4727
www.paloweb.org

**SPANISH AMERICAN
CIVIC ASSOCIATION**
*Mission is to foster and perpetuate
the cultural, social and economic
well-being of Latinos residing
in the City and County of Lancaster.*
545 Pershing Ave., Lancaster
717-397-6267
www.sacapa.org

HOUSING

(See also SHELTERS)

BETHESDA MISSION

Operates shelters in Harrisburg for homeless men, women and children; also provides Christian human services, food, and addiction recovery.

717-257-4442

2101 N. Front St., Bldg 1, Suite 301
(administrative office)

www.bethesdamission.org

BRETHREN HOUSING ASSOCIATION

Operates a two-year transitional housing program for homeless women and their children.

717-233-6016

219 Hummel St., Harrisburg
www.bha-pa.org

BRIDGE OF HOPE

Helps the homeless woman find an apartment and assists with rent in declining amounts over a twelve month period, such that at the end of a year she is able to pay the full rent on her own. Also helps the woman find employment and develop a career path.

717-635-5957

PO Box 15212, Harrisburg
www.bridgeofhope-hbg.org

COMMUNITY ACTION COMMISSION

Rental and energy assistance.

Also offers first time homebuyers class.

717-232-9757

1514 Derry Street, Harrisburg
www.cacricounty.org

COMMUNITY JUSTICE PROJECT

Assists poor and low wage earners.

800-322-7572

717-236-9486

118 Locust St., Harrisburg
www.communityjusticeproject.org

CUMBERLAND COUNTY HOUSING AND REDEVELOPEMNT AUTHORITIES

717-249-1315

114 N. Hanover Street, Carlisle
www.cchra.com

DELTA COMMUNITY

(Gaudenzia Inc.)

Provides transitional housing for single-parent, homeless families who are working toward self-sufficiency.

717-232-2970

1910 N. Second St., Harrisburg

FAIR HOUSING COUNCIL OF THE CAPITAL REGION INC.

Seeks to end discrimination in housing market, both rental and for-sale properties.

717-238-9540

2100 N. Sixth St., Harrisburg
pafairhousing.org

FAMILY PROMISE OF HARRISBURG CAPITAL REGION

Serves families who recently lost their homes.

717-737-1100

525 Hummel Ave., Lemoyne
www.familypromisechr.org

HABITAT FOR HUMANITY OF THE GREATER HARRISBURG AREA

717-545-7299

900 S. Arlington Ave., Suite 131A
Harrisburg

www.harrisburghabitat.org

HARRISBURG CENTER FOR PEACE AND JUSTICE

(Pennsylvania Coalition to End Homelessness)

717-233-3072

315 Peffer Street, Harrisburg

HARRISBURG HOUSING AUTHORITY

717-232-6781

351 Chestnut St., Harrisburg
www.harrisburghousing.org

HELP MINISTRIES OF CHRISTIAN CHURCHES UNITED

Rental assistance program

717-238-2851

413 S. 19th Street, Harrisburg

HOUSING AUTHORITY OF THE COUNTY OF DAUPHIN

717-939-9301

501 Mohn St., Steelton

www.dauphinhousing.org

HOUSING ALLIANCE OF PENNSYLVANIA

A statewide coalition working to provide leadership and a common voice for policies, practices and resources to ensure that all Pennsylvanians, especially those with low incomes, have access to safe, decent and affordable homes.

717-909-2006

610 N. Third St., Harrisburg

www.housingalliancepa.org

JUBILEE MINISTRIES

Operates Jubilee Transition House, a temporary family shelter for stays of up to 6 months.

717-274-7528

235 S. 12th St., Lebanon

www.jub.org

LIGHTHOUSE OUTREACH CENTER

Non-profit provides transitional housing for women, mostly coming out of prison.

717-236-0735

LOURDESHOUSE MATERNITY HOME

Temporary home for pregnant young women without financial support.

717-412-4865

120 Willow Road, Suite A., Harrisburg

PAXTON STREET HOME BENEVOLENT SOCIETY

A Christian, non-profit community of homes serving adults who may be challenged with social, mental, or emotional needs.

717-236-5508

2001 Paxton St., Harrisburg

www.paxtonmin.org

PENNSYLVANIA HOUSING FINANCE AGENCY

Provides foreclosure prevention information.

717-780-3800

211 N. Front St., Harrisburg

www.phfa.org

SHALOM HOUSE

Shelter for homeless women and children

717-232-3482

www.shalomhouse.net

UNITED METHODIST HOME FOR CHILDREN INC.

Provides emergency shelter and residential treatment for children on 56-acre campus in Cumberland County. Children are referred to the home primarily by county children and youth agencies and family courts. The children, for a variety of reasons, are unable to live with their families or within foster care placements in the community.

717-766-7652

5120 Simpson Ferry Road

Mechanicsburg

www.umhcservices.com

YORK RESCUE MISSION

Offers New Creation Bridge Housing Program, a long-term transitional housing program designed to offer support services for single women and mothers.

717-845-7662

363-373 West Market Street, York

www.yorkrescuemission.org

IMMIGRATION

CATHOLIC CHARITIES, IMMIGRATION & REFUGEE SERVICES

717-898-0568
939 East Park Drive, Suite 102
Harrisburg
www.cchbg.org

CHURCH WORLD SERVICE IMMIGRATION & REFUGEE PROGRAM

*Serves the refugee and immigrant
communities of Central Pennsylvania.*
717-381-2890
308 E. King St., Lancaster
www.cwslancaster.org

COMMUNITY JUSTICE PROJECT

800-322-7572
717-236-9486
118 Locust St., Harrisburg
www.communityjusticeproject.org

INTERNATIONAL SERVICE CENTER

717-236-9401
21 S. River St., Harrisburg
www.ics76.org

LCFS REFUGEE RESETTLEMENT SERVICES

*Program is a local affiliate of the national
Lutheran Immigration and Refugee
Service, which assists refugees through
a cooperative agreement with the U.S.
Department of State.*
215-456-5700

PENNSYLVANIA IMMIGRANT & REFUGEE WOMEN'S NETWORK

*Created to honor and enhance the lives
of refugee and immigrant women in
Pennsylvania. Mission is to help refer,
advocate, network, and empower these
women to live to their fullest potential.*
717-433-0900
PO Box 238, Enola
www.pairwn.org

PENNSYLVANIA IMMIGRATION RESOURCE CENTER

*Provides legal and educational
resources to detained population.*
717-600-8099
112 Pleasant Acres Road, Suite 1,
PO Box 20339, York.

LEGAL AID

AMERICAN CIVIL LIBERTIES UNION

Central region office
717-238-2258
PO Box 11761, Harrisburg, 17108

COMMUNITY JUSTICE PROJECT

800-322-7572
118 Locust Street, Harrisburg

DAUPHIN COUNTY AREA AGENCY ON AGING

*Assists with civil legal matters for
anyone age 60 years and older.*
717-780-6131
2 S. Second St, 3rd floor, Harrisburg

MIDPENN LEGAL SERVICES

*Offers assistance in filing a
protection from abuse (PFA) petition*

Harrisburg office

213-A N. Front St., Harrisburg

717-232-0581

800-932-0356

Carlisle office

401 E. Louthier St., Suite 103, Carlisle

717-243-9400

800-822-5288

Lebanon office

513 Chestnut St., Lebanon

717-274-2834

800-326-9177

York office

29 N. Queen St., York

717-848-3605

www.midpenn.org

PBA LAWYER REFERRAL SERVICE

800-692-7375

717-238-6807

YWCA DOMESTIC VIOLENCE LEGAL CENTER

Legal aid for victims of domestic violence

112 Market St, fourth floor, Harrisburg

717-724-0516

MEDICAL

(See also AIDS, BREAST CANCER,
EATING DISORDERS,
MENTAL HEALTH, POISON)

CENTERS FOR DISEASE CONTROL AND PREVENTION

800-232-4636

www.cdc.gov

CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)

*A state-funded health insurance for
uninsured children and teens.*

800-986-KIDS

www.chipcoverspakids.com

COMMUNITY CHECK UP-CENTER

*Provides medical services to
uninsured and underinsured
individuals of South Harrisburg*
Pediatrics

8:30 a.m. to 4:30 p.m. Mon. - Fri.

Women

9 a.m. to 4:30 pm. Tues. & Fri.

717-233-1700

38C Hall Manor

www.communitycheckupcenter.org

DEPARTMENT OF PUBLIC WELFARE HELPLINE

Department of Public Welfare

Access Healthcare Hotline:

800-537-8862

FAMILY FIRST HEALTH

*Provides medical and dental services
and offers reduced fee program.*

(Listed hours are for medical services)

116 South George St, York:

7 a.m. to 7 p.m. Mon. - Fri.

717-845-8617;

Hannah Penn Center:

415 E. Boundary Ave., York

7:30 a.m. to 4 p.m., Mon. - Fri.

717-843-5174;

Lewisberry office

308 Market St., Lewisberry

8 a.m. to 5 p.m., Mon. & Weds. - Fri.

9:30 a.m. to 6 p.m. Tues.

717-938-6695

Hanover office

1230 High St., Hanover

8 a.m. to 7 p.m. Mon. - Weds.

8 a.m. to 5 p.m. Thurs. & Fri.

717-632-9052

www.myfamilyfirstthealth.org

HAMILTON HEALTH CENTER

*Offers medical and dental care at
110 S. 17th St., Harrisburg.*

7 a.m. to 7 p.m., Mon. & Weds.

7 a.m. to 8 p.m., Tues. & Thurs.

8 a.m. to 5 p.m., Fri.

8 a.m. to 12 p.m. every other Sat.

717-230-3909

www.hamiltonhealthcenter.com

HEALTHCARE MARKETPLACES

*As part of Affordable Care Act, effective
Oct. 1, 2013, people can apply for coverage
and compare available plans.*

www.healthcare.gov

HOPE WITHIN COMMUNITY HEALTH CENTER

*Provides free primary health care services
for the medically uninsured residents of
Dauphin and Lancaster counties.*

4748 E. Harrisburg Pike,

Elizabethtown

717-367-9797

www.hopewithin.org

LEBANON RIDGE COMMUNITY HEALTH

A program of

Welsh Mountain Health Centers

840 Norman Drive, Lebanon

Mon., 1 to 8:30 p.m.

Tues. - Fri., 8:30 a.m. to 5 p.m.

2nd Sat. of month, 8:30 a.m. to 12 p.m.

717-272-2700

www.lebanonridge.org

PENNSYLVANIA DEPARTMENT OF HEALTH

877-724-3258

HOSPICE OF CENTRAL PENNSYLVANIA

*Offers support for individuals
facing any type of incurable illness.*

717-732-1000

866-779-7374

www.hospiceofcentralpa.org

A MISSION OF MERCY

*Medical and dental services available,
twice monthly on Fridays.*

Harrisburg clinic at

Christ Lutheran Church,

124 S. 13th St., Harrisburg

717-972-4993

www.amissionofmercy.org/
marylandpennsylvania

PRESCRIPTION ASSISTANCE

www.padrugcard.com

SADLER HEALTH CENTER CORP.

Provides services to

uninsured and underinsured.

100 N. Hanover St., Carlisle

7:30 a.m. to 5:30 p.m., Mon. - Wed. & Fri.

7:30 a.m. to 7:30 p.m. Thurs.

1100 Montour Road, Loysville

7:30 a.m. to 4 p.m.

Mon., Tues., Weds., Fri.;

9 a.m. to 5:30 p.m., Thurs.

717-218-6670

www.sadlerhealth.org

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES HEALTH RESOURCES AND SERVICE ADMINISTRATION

*Helps people find a nearby federally funded
health center providing medical and dental
care on a sliding pay scale.*

www.hrsa.gov

VISITING NURSE ASSOCIATION OF CENTRAL PENNSYLVANIA

Provides full range of health care services.

3315 Derry St., Paxtang

800-995-8207

www.vnacentralpa.org

MENTAL HEALTH

(See also EMERGENCY HELP)

SUICIDE PREVENTION HOTLINES

800-784-2433
(800-SUICIDE)
800-273-8255
(800-273-TALK)

THE ADVOCACY ALLIANCE

*Mission is to promote mental well-being,
support recovery for adults who have a
mental illness, and resiliency for children
with emotional/behavioral disorders.*

1512 E. Caracas Ave., Hershey
717-835-2275
www.theadvocacyalliance.org

BEHAVIORAL HEALTH TREATMENT SERVICES LOCATOR

www.findtreatment.samhsa.gov

BELL SOCIALIZATION SERVICES FAMILY SHELTER/BRIDGE HOUSING

*Provides housing support and basic living
skills to those living with mental illness,
intellectual disabilities and homelessness.*

717-848-5767
160 S. George Street, York
www.bellsocialization.com

CASE MANAGEMENT UNIT OF DAUPHIN COUNTY

*Provides comprehensive case management
services for residents of Dauphin County
who need mental health, intellectual
disabilities or early intervention services.*

717-232-8761
866-820-3516
1100 S. Cameron St., Harrisburg
717-362-1212
295 State Drive, Elizabethtown
www.cmu.cc

CATHOLIC CHARITIES, INC.

*Mental health services for children;
patients and their families are treated
regardless of ability to pay.*
717-564-9450
www.cchbg.org

CONTACT HELPLINE

Information and referral service
800-932-4616
717-652-4400
717-249-6226 (Carlisle)
www.contacthelpline.org

CRISIS INTERVENTION SERVICES

24-hour emergency mental health services.
717-232-7511
100 Chestnut St., Harrisburg

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

Meetings, 1st and 3rd Tues., 7-9 p.m.
Trinity Lutheran Church, 2000
Chestnut St., Camp Hill
2nd and 4th Tues., 7-9 p.m.
PA Psychiatric Institute
2501 N. Third St., Harrisburg
National organization
800-826-3632
www.dbsaalliance.org

FRANKLIN FAMILY SERVICES

*Provides variety of services
to children, adults and families.*
717-243-6500
816 Belvedere St., Carlisle
www.ffspa.com

HOLY SPIRIT HOSPITAL

Crisis Intervention
717-763-2222
866-350-4357
Teenline
24 hours, 7 days a week.
717-763-2345
800-722-5385

KEYSTONE HUMAN SERVICES

Mental Health Services

717-482-8500

8182 Adams Drive, Hummelstown
keystonehumanservices.org

MENTAL HEALTH ASSOCIATION OF THE CAPITAL REGION

717-236-3300

200 N. Third St., 10th floor, Harrisburg
www.mentalhealthassociationcr.org

MENTAL HEALTH ASSOCIATION IN LEBANON COUNTY

717-273-5781

335 S. Eighth St., Suite 1, Lebanon
www.mhaleb.org

NATIONAL ALLIANCE ON MENTAL ILLNESS

*A non-profit, self-help support
and advocacy organization*

Pennsylvania organization

2149 N. Second St., Harrisburg

717-238-1514

800-223-0500

www.nami-pa.org

NHS HUMAN SERVICES

*NHS Human Services, through its
subsidiaries that include operations in
central Pennsylvania, is a community-
based, nonprofit, human services provider
with 40 years experience serving the
special needs of children and adults.*

888-647-0020

www.nhsonline.org

NATIONAL INSTITUTE OF MENTALHEALTH

*Mission is to transform the
understanding and treatment of
mental illnesses through research.*

www.nimh.nih.gov

PEACE OF MIND PROJECT

www.peaceofmindproject.com

PARADISE SCHOOL

(Catholic Charities)

*A residential treatment program for children
and adolescents in central Pennsylvania.*

717-259-9537

6156 W. Canal Road, Abbottstown

PENNSYLVANIA CLUBHOUSE COALITION

*Mission is to empower individuals with
mental illness to live, learn and work
within their community with dignity
and freedom from stigma.*

215-427-5763

www.paclubhouse.org

PENNSYLVANIA MENTAL HEALTH CONSUMERS' ASSOCIATION

*Provides information, referrals and
support to people who are receiving
services or in recovery from a
mental illness in Pennsylvania.*

717-564-4930

800-887-6422

4105 Derry St., Harrisburg

www.pmhca.org

PHILHAVEN

*A non-profit behavioral healthcare
organization offering a continuum of
compassionate, caring services for children,
adolescents, adults and older adults in
south central Pennsylvania.*

717-273-8871

800-932-0359

283 S. Butler Road

PO Box 550

Mt. Gretna, Pa.

www.philhaven.org

PRESSLEY RIDGE

Outpatient treatment programs.

717-238-8118

121 Locust St., Harrisburg

www.pressleyridge.org

**SUSQUEHANNA HARBOR
SAFE HAVEN**

(Christian Churches United)
*Provides shelter for single men
with a diagnosed mental illness*
717-232-5029
1805 N. 12th St., Harrisburg

MENTORS

(See also VOLUNTEER)

AMERICA'S PROMISE ALLIANCE

*Devoted to improving
the lives of young people*
202-657-0600
www.americaspromise.org

**BETHESDA MISSION
YOUTH CENTER**

717-257-5484
1438 Herr St., Harrisburg

**BIG BROTHERS/BIG SISTERS
OF THE CAPITAL REGION**

717-236-0199
1500 N. Second St., Suite H, Harrisburg
www.capbigs.org

**BRIDGING THE GAP-
SALVATION ARMY**

717-233-6755
1122 Green St., Harrisburg

BOY SCOUTS OF AMERICA

Mechanicsburg service center
717-766-1591
One Baden Powell Lane
Mechanicsburg
www.newbirthoffreedom.org

BRIDGE OF HOPE

*Mission is to end
and prevent homelessness for women
and children with the help of trained
mentoring groups within congregations.*
717-635-5957
PO Box 15212, Harrisburg
www.bridgeofhope-hbg.org

**COMMUNITY ACTION
COMMISSION**

Programs for youth ages 10 to 14.
1514 Derry St., Harrisburg
717-232-9757
www.cactricounty.org

**GIRL SCOUTS
IN THE HEART OF PA**

350 Hale Ave., Harrisburg
800-692-7816 717-233-1656
www.gshpa.org

JOSHUA GROUP

717-236-4464
1442 Market St., Harrisburg
www.joshuagroup.org

JUMP STREET

Offers children programs for creative arts.
717-238-1887
100 N. Cameron St., 2nd floor
Harrisburg
www.jumpstreet.org

**NATIONAL
MENTORING PARTNERSHIP**

www.mentoring.org

NEW HOPE MINISTRIES

*Reaches out to "at risk" children and youth
in communities with the goal of providing
structured, constructive programs and
positive adult role models. Serves youth in
Dillsburg, Dover, Hanover, Mechanicsburg
and West Shore area.*
211 S. Baltimore St., Dillsburg
717-432-2087
www.nhm-pa.org

TRIPS FOR KIDS OF HARRISBURG

*Provides bike trips to
Harrisburg area youth ages 10-18.*
www.tfkofharrisburg.org

SALVATION ARMY

Offers after-school programs.
717-233-6755
1122 Green St., Harrisburg

PARENTING

(See also CHILDREN)

AUTISM SOCIETY, GREATER HARRISBURG AREA CHAPTER

*Helps improve lives
of those affected by autism.*

1-800-244-2425

PO Box 101, Enola.

www.autismharrisburg.org

CARLISLE AREA FAMILY LIFE CENTER

*A crisis pregnancy resource
and support service.*

717-243-1918

800-848-5683

155 N. Hanover St. Carlisle

www.carlislefamilylife.com

COMMUNITY ACTION COMMISSION

Provides services to help strengthen families.

1514 Derry St., Harrisburg

717-232-9757

www.cactricounty.org

ESCAPE FAMILY RESOURCE CENTER

*ESCAPE's mission is to prevent child
abuse and neglect before a child is hurt
by providing intervention, education, and
support programs to families in crisis.*

www.learntoparent.org

FAMILY SUPPORT OF CENTRAL PA

3700 Vartan Way, Harrisburg

800-984-9923

717-541-0828

www.familysupportcentralpa.org

HEALTHY BABY HELPLINE

Help and information for pregnant mothers

800-986-2229

HEALTHY KIDS HELPLINE

Help and information for parents

800-986-5437

MEN MATTER FATHERHOOD INITIATIVE

*A program of Hamilton Health Center
that helps dads with parenting skills*
717-909-1278

NATIONAL FATHERHOOD INITIATIVE

301-948-0599

www.fatherhood.org

PARENT WORKS OF PRESSLEY RIDGE

*Resource center for parents
and young children; parent
education and child-abuse prevention.*

717-774-3673

50 Utleigh Drive, Suite 200

Camp Hill

PARENTS HELPING PARENTS

National network for parenting needs.

800-632-8188

www.parentshelpingparents.org

WIC

*A federally funded program that provides
healthy supplemental foods and nutrition
services for pregnant women, new mothers,
infants and children under age five.*

800-WIC-WINS

www.pawic.com

PREGNANCY SERVICES

(See also WOMEN)

CARLISLE AREA FAMILY LIFE CENTER

*A crisis pregnancy resource
and support service.*

717-243-1918

800-848-5683

155 N. Hanover St. Carlisle

www.carlislefamilylife.com

**HEART OF MARY
PREGNANCY SUPPORT SERVICES**

*Helps women facing an unplanned
pregnancy or possible pregnancy,
and biological parents with children
12 months of age and younger.*

717-843-7986
26 E. College Ave., York

**LOURDESHOUSE
MATERNITY HOME**

*Temporary home for pregnant young
women without financial support.*

120 Willow Road., Suite A, Harrisburg
717-412-4865

**MORNINGSTAR
PREGNANCY SERVICES**

*Pregnancy-related services
and information including
free pregnancy tests*

3837 Walnut St., Harrisburg
717-901-2799
503 Bridge St., New Cumberland
717-901-5433
35 S. Union St., Middletown
717-944-3888
www.morningstarchoices.com

REAL ALTERNATIVES

*Provides life-affirming alternatives to
abortion services throughout the nation.*
888-LIFE-AID

POISON

POISON CONTROL CENTER
800-222-1222

**CHILDHOOD LEAD POISONING
PREVENTION PROGRAM**
Pennsylvania Department of Health
800-440-5323

RAPE

(See also ABUSE)

DOMESTIC VIOLENCE HOTLINES

(By county)

ADAMS: 800-787-8106
CUMBERLAND: 800-852-2102
DAUPHIN: 800-654-1211
FRANKLIN/FULTON: 800-621-6660
JUNIATA: 717-242-2444
LANCASTER: 717-299-1249
LEBANON: 866-686-0451
MIFFLIN: 717-242-2444
NORTHUMBERLAND/UNION/
SNYDER: 800-850-7948
PERRY: 800-852-2102
SCHUYKILL: 800-282-0634
YORK: 800-262-8444

**PENNSYLVANIA COALITION
AGAINST RAPE**

*Works to eliminate all forms of sexual
violence and to advocate for the rights and
needs of victims of sexual assault.*
888-772-7227 (24-hour hotline)
717-728-9740
www.pcar.org

**SEXUAL ASSAULT RESOURCE
& COUNSELING CENTER**
717-272-5308 (Lebanon)

YWCA OF GREATER HARRISBURG

*Violence intervention
and prevention services*
Hotline
800-654-1211
www.ywcahbg.org

YWCA of YORK/VICTIM SERVICES
Sexual violence hotline
800-422-3204
717-854-3131

SENIOR CITIZENS

AARP

www.aarp.org

AARP SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

*Helps mature workers over the age of 55 to
get back into the workplace.*

717-234-5961

717-783-3270, ext. 310

AREA AGENCIES ON AGING

Cumberland County: 717-240-6110

Dauphin County: 717-780-6130

Lebanon County: 717-273-9262

Perry County: 717-582-5128

York County: 717-771-9610

B'NAI B'RITH APARTMENTS CENTER

717-233-6934

130 S. Third St., Harrisburg

BIG SPRING SENIOR CENTER

717-776-4478

91 Doubling Gap Road, Suite 1
Newville

CARLISLE SENIOR ACTION CENTER

717-249-5007

20 E. Pomfret St., Carlisle

EAST HANOVER TOWNSHIP SENIOR CENTER

717-469-7514

8848 Jonestown Road, Grantville

EDGEMONT SENIOR CENTER

717-236-2221

2400 Oxford Ave., Harrisburg

ELDER CARE

*Helps people find access to home and
community-based services such as
transportation, meals, home care and
caregiver support.*

800-677-1116

www.eldercare.gov

FRIENDSHIP SENIOR CENTER

717-657-1547

5000 Commons Drive, Harrisburg

HEINZ-MENAKER SENIOR CENTER

717-238-7860

1824 N. Fourth Street, Harrisburg

HOLY SPIRIT HOSPITAL

*Geriatric services for emotional
and psychological problems
associated with aging.*

717-763-2219

www.hsh.org/seniors-services/

HOY/LATSHA SENIOR CENTER

717-939-9833

301 Mohn St., Steelton

JEWISH FEDERATION OF GREATER HARRISBURG

Senior Adult Club

717-236-9555

3301 N. Front St., Harrisburg

LEGAL ADVICE

SeniorLAW Helpline

877-727-7529

www.seniorlawcenter.org

LICK TOWERS SENIOR CENTER

717-233-0388

1301 N. Sixth St., Harrisburg

MEALS ON WHEELS OF DAUPHIN COUNTY

717-780-6130

LIVING INDEPENDENCE FOR THE ELDERLY LUTHERAN SERVICES

Helps seniors live safely in their homes by providing access to preventative, primary, acute and long-term care services. Serves residents in Cumberland and Franklin counties
1-800-840-9081

1920 Good Hope Road, Enola 17025
(Cumberland County)
www.lifelutheranservices.org

MECHANICSBURG PLACE

717-697-5947
97 W. Portland St., Mechanicsburg

MEDICARE

www.medicare.gov
Centers for Medicare and Medicaid Services, www.cms.gov, provides information for the Medicare and Medicaid consumer

MILLERSBURG SENIOR CENTER

717-692-2657
109 Edward Drive, Millersburg

MOHLER SENIOR CENTER

717-533-2002
25 Hope Drive, Hershey
www.mohlerseniorcenter.com

PACE AND PACENET

State prescription program for lower income seniors.
800-225-7223

PENNSYLVANIA DEPARTMENT OF AGING

www.aging.state.pa.us

PENNSYLVANIA DENTAL ASSOCIATION SENIOR DENTAL CARE

Provides information for low income senior citizens to receive dental care at reduced cost.
717-234-5941
www.padental.org

PENNSYLVANIA SECURITIES COMMISSION

Call with reports related to investment scams.
800-722-2657

RETIRED SENIOR VOLUNTEER PROGRAM OF THE CAPITAL REGION

717-541-9521

THE RUTHERFORD HOUSE

3300 Parkview Lane, Harrisburg
717-564-5682

MARY C. SCHANER SENIOR CENTER

717-732-3915
East Pennsboro Twp. Municipal bldg.
98 S. Enola Drive, Enola

SOCIAL SECURITY ADMINISTRATION

800-772-1213 (national)
888-327-1176 (local)
555 Walnut St., suite 810, Harrisburg
www.ssa.gov

SOUTHAMPTON PLACE

717-530-8217
Cleversburg Community Center
56 Cleversburg Road, Shippensburg

WEST SHORE SENIOR CENTER

717-774-0409
122 Geary Ave., New Cumberland

SHELTERS

AGAPE FAMILY SHELTER

Shelter for homeless women and their children.
717-272-6573
139 South Ninth Street, Lebanon

**BELL SOCIALIZATION SERVICES/
FAMILYSHELTER/BRIDGE
HOUSING**

*Shelter for homeless families, also provides
services for those with disabilities.*

717-848-5767

160 S. George Street, York
www.bellsocialization.com

BETHESDA MISSION

*Operates shelters in Harrisburg for
homeless men, women and children;
also provides Christian human services,
food, and addiction recovery.*

717-257-4442

2101 N. Front St., Bldg 1, Suite 301
(administrative office)
www.bethesdamission.org

**BRETHREN HOUSING
ASSOCIATION**

*Operates a two-year transitional
housing program for homeless
women and their children.*

717-233-6016

219 Hummel St., Harrisburg
www.bha-pa.org

**CARLISLE COMBINED AREA
RESOURCES FOR EMERGENCY
SHELTER**

717-249-1009

50 W. Penn St., Carlisle
www.carlislecares.org

CHRISTIAN CHURCHES UNITED

*Attempts to find emergency shelter that
may range from one day to four weeks.*

717-238-2851

413 S. 19th St., Harrisburg
www.ccuahbg.org

**EVERGREEN HOUSE
(Catholic Charities)**

*Transitional housing for
single recovering women.*

120 Willow Road, Suite B, Harrisburg
717-412-4594

**FAMILY PROMISE OF
HARRISBURG CAPITAL REGION**

*Serves families who
recently lost their homes.*

717-737-1100

525 Hummel Ave., Lemoyne
www.familypromisechr.org

**INTERFAITH SHELTER FOR
HOMELESS FAMILIES
(Catholic Charities)**

*Housing for homeless families
for four to six weeks.*

120 Willow Road, Suite C, Harrisburg
717-652-8740

JUBILEE MINISTRIES

*Operates Jubilee Transition House,
a temporary family shelter
for stays of up to 6 months.*

717-274-7528

235 S. 12th St., Lebanon
www.jub.org

**LEBANON COUNTY
CHRISTIAN MINISTRIES**

717-272-4400

www.lccm.us

LEBANON RESCUE MISSION

Homeless men's shelter.

717-273-2301

439 South 6th Street, Lebanon
www.lebanorescuemission.org

PERRY HUMAN SERVICES

*Offers temporary shelter to families or
individuals in need of emergency housing.*

717-582-8703

Mulhollem Office Centre
8391 Spring Road, New Bloomfield

SAFE HARBOUR

*Provides bridge housing and self-
enhancement programs for homeless and
potentially homeless single adults and families.*

717-249-2200

102 West High St., Carlisle
www.safeharbour.org

SHALOM HOUSE

*Shelter for homeless
women and children.*

717-232-3482

www.shalomhouse.net

SILENCE OF MARY HOME

*Serves the poor and homeless
717-737-4107 (office)*

SUSQUEHANNA HARBOR SAFE HAVEN

(Christian Churches United)

*For single men with
a diagnosed mental illness.*

717-232-5029

1805 N. 12th St., Harrisburg

UNITED METHODIST HOME FOR CHILDREN

*Operates a temporary shelter for
children who, for a variety of reasons,
cannot remain in their homes.*

717-766-7652

Mechanicsburg

YORK RESCUE MISSION

City soup kitchen and homeless shelter.

717-845-7662

363-373 West Market Street, York

www.yorkrescuemission.org

YWCA OF GREATER HARRISBURG

717-234-7931

SOUP KITCHENS

(See also FOOD ASSISTANCE)

ANTIOCH TABERNACLE SOUP KITCHEN

Lunchtime meal program

11 a.m. to 1 p.m. Thursdays

717-233-8231

1920 North Street, Harrisburg

www.antioch-tabernacle.org

BETHESDA MISSION

Evening and weekend meals, shelter.

717-257-4442

2101 N. Front St., Bldg 1, Suite 301
(administrative office)

www.bethesdamission.org

CATHEDRAL OF ST. PATRICK

Breakfasts on

Saturday, 7:15 to 8:15 a.m.,
and dinners on

Sunday from 5 to 6 p.m.

717-232-2169

212 State Street, Harrisburg

www.stpatrickcathedral.com

DOWNTOWN DAILY BREAD

Soup kitchen in downtown Harrisburg

*serving lunch seven days a week
from 12:30 to 1:30 p.m.*

717-238-4717

310 N. Third St., Harrisburg

www.downtowndailybread.org

GRACE UNITED METHODIST CHURCH

Serves breakfast Sunday at 8 a.m.

216 State St., Harrisburg

717-238-6739

www.graceinharrisburg.org

HELPING HANDS MINISTRIES OF HARRISBURG, INC.

717-731-1807

Serves meals 4:30 to 5:30 p.m.

Thursday, Friday and Sunday at

St. Michael Lutheran Church

118 State St., Harrisburg

www.helpinghandsministries.org

LEBANON COUNTY CHRISTIAN MINISTRIES

Serves daily meals

from 12 to 1 p.m., varying sites.

717-272-4400

www.lccm.us

OUR DAILY BREAD

717-848-1674

331 S. George Street, York

ST. FRANCIS OF ASSISI CATHOLIC CHURCH SOUP KITCHEN

Serves lunch

Monday through Saturday

12:30 to 1 p.m.

717-236-4506

1459 Zarker Street, Harrisburg

SALVATION ARMY SOUP KITCHEN

Serves breakfast 7 to 8 a.m.

Monday through Friday

1122 Green St., Harrisburg

717-233-6755

UPTOWN SOUP KITCHEN

Serves meals from 12 to 12:30 p.m.

Monday through Friday

717-901-3515

Camp Curtin Memorial-Mitchell

United Methodist Church

2221 N. Sixth St., Harrisburg

YORK RESCUE MISSION

City soup kitchen and homeless shelter.

717-845-7662

363-373 West Market Street, York

TEENS

BOYS AND GIRLS CLUB OF CENTRAL PENNSYLVANIA

*After-school services and programs
include Smart Girls, Street Smart, Family*

Support and Power Hour.

717-234-3268

1227 Berryhill Street, Harrisburg

www.bgccp.org

HOLY SPIRIT HOSPITAL

Teenline

24 hours, 7 days a week.

717-763-2345

800-722-5385

RUNAWAY HOTLINE

800-RUNAWAY (786-2929)

TEEN CHALLENGE HARRISBURG

*A faith based drug and
alcohol rehabilitation program*

717-303-5829

www.harrisburgtc.org

TEEN LINE

Crisis hotline operates

6 to 10 p.m. Pacific time

800-852-8336

www.teenlineonline.org

UNITED METHODIST HOME FOR CHILDREN INC.

*Provides emergency shelter and residential
treatment for children on 56-acre campus in
Cumberland County. Children are referred
to the home primarily by county children
and youth agencies and family courts. The
children, for a variety of reasons, are unable
to live with their families or within foster
care placements in the community.*

717-766-7652

5120 Simpson Ferry Road

Mechanicsburg

www.umhcservices.org

YOUTH CRISIS HOTLINE

800-442-HOPE (4673)

YWCA OF GREATER HARRISBURG

1101 Market St., Harrisburg

717-234-7931

ywcahbg.org

VETERANS

DAUPHIN COUNTY VETERANS AFFAIRS

717-780-6356

2 South Second Street, 4th floor
Harrisburg

HARRISBURG VET CENTER

1500 N. Second St., Suite 2
Harrisburg, Pa.
717-782-3954

LEBANON VA MEDICAL CENTER

717-272-6621
800-409-8771
1700 S. Lincoln Avenue, Lebanon
www.lebanon.va.gov

**NATIONAL COALITION
FOR HOMELESS VETERANS**

877-424-3838 (24/7 crisis hotline)
800-VET-HELP
www.nchv.org

**PENNSYLVANIA DEPARTMENT
OF MILITARY AND VETERANS
AFFAIRS**

*Provides advice and assistance to
Pennsylvania's 1 million veterans
and their families; provides quality
care to aging veterans.*
800-547-2838
www.paveterans.state.pa.us

SHALOM HOUSE

Helps provide housing for veterans.
717-232-3482
www.shalomhouse.net

**U.S. DEPARTMENT
OF VETERAN AFFAIRS**

VA Benefits 800-827-1000
GI Bill 888-442-4551
Healthcare 877-222-8387
PTSD 802-296-6300
www.va.gov

VETERAN RESOURCE CENTER

HUDVET
800-998-9999
email hudvet@hud.gov

VETERANS CRISIS LINE

800-273-8255

VICTIMS

(See also ABUSE, RAPE & WOMEN)

**OFFICE OF THE
VICTIM ADVOCATE**

*Represents the post-sentencing
interests of crime victims
(Pennsylvania Board of
Probation and Parole)*
1101 S. Front St., Suite 5200,
Harrisburg
800-563-6399
(Department of Corrections)
1920 Technology Parkway,
Mechanicsburg
800-322-4472
www.o.va.state.pa.us

**VICTIM/WITNESS
ASSISTANCE PROGRAM**

*Strives to empower victims,
witnesses and family members.*
717-780-7075
888-292-9611
Dauphin County Courthouse
101 Market St., Harrisburg
www.victimwitness.org

**VICTIM SERVICES OF THE
DISTRICT ATTORNEY'S OFFICE**

Main office
888-697-0371, ext. 6220
1 Courthouse Square, Carlisle
West Shore office
717-761-5599
2120 Market St., Camp Hill

YWCA of YORK/VICTIM SERVICES

Hotlines
Sexual violence, 800-422-3204 or
717-854-3131
Domestic violence, 800-262-8444 or
717-846-5400

VOLUNTEER

(See also EDUCATION FOR
ADULTS and MENTORING)

HABITAT FOR HUMANITY OF THE GREATER HARRISBURG AREA

900 S. Arlington Ave., Suite 131A
Harrisburg
717-545-7299
www.harrisburghabitat.org

LEND A HAND

*A local disaster response
and assistance program.*

3040 Market St., Camp Hill
717-731-8888 or 877-211-0700
www.lendahand.net

MENNONITE DISASTER SERVICE

583 Airport Road, Lititz
717-735-3536
www.mds.mennonite.net

RSVP OF THE CAPITAL REGION

*Places volunteers in not-for-profit
agencies, schools, government offices,
hospitals and senior residences*

717-541-9521
800-870-2616
50 Utley Drive, Suite 500, Camp Hill
Perry County branch
717-567-7733
www.rsvpcapreg.org

UNITED WAY OF THE CAPITAL REGION

2235 Millennium Way, Enola
717-732-0700
www.uwcr.org

VOLUNTEERS OF AMERICA

Central Pennsylvania
717-236-1440
2112 Walnut St., Harrisburg
www.voapa.org

WOMEN

AGAPE FAMILY SHELTER

*Shelter for homeless
women and their children.*

717-272-6573
139 South North Street, Lebanon

BABIES

*Pennsylvania Department of Health
The Bureau of Family Health's Love'em
with a Check-up Program is a statewide
outreach initiative encouraging pregnant
women and women that might be pregnant
to get medical care. Women and families
can get information and referrals to medical
providers and healthcare
coverage programs.*
800-986-BABY

BABY LOVE

*Provides free intensive case management
services designed to help women with
addictions. Participants must be Dauphin
County resident, pregnant or have a child
under 5 years of age. Program is part of
Hamilton Health Center.*
1-866-530-2229
www.harrisburgbabylove.com

BRETHREN HOUSING ASSOCIATION

*Provides housing and transitional
services for needy women and children.*
717-233-6016
219 Hummel Street, Harrisburg
www.bha-pa.org

BRIDGE OF HOPE

PO Box 15212, Harrisburg
717-635-5957
www.bridgeofhope-hbg.org

**CARLISLE AREA
FAMILY LIFE CENTER**

*A crisis pregnancy resource
and support service.*

717-243-1918

800-848-LOVE

155 N. Hanover St. Carlisle

www.carlislefamilylife.com

COMMUNITY CHECK UP-CENTER

*Provides medical services to uninsured and
underinsured individuals of South Harrisburg.*

Pediatrics:

8:30 a.m. to 4:30 p.m. Mon. - Fri.

Women:

9 a.m. to 4:30 pm. Tues. & Fri.

717-233-1700

38C Hall Manor

www.communitycheckupcenter.org

**DOMESTIC VIOLENCE
INTERVENTION**

*Women's shelter and counseling
service in Lebanon.*

717-273-7190

866-686-0451

www.dviolc.org

DOMESTIC VIOLENCE HOTLINE

800-799-SAFE

TDD: 800-787-3224

**DOMESTIC VIOLENCE
SERVICES OF CUMBERLAND
& PERRY COUNTIES**

*Provides quality services and support to those
who are experiencing domestic violence and
fosters positive social and systems change
through education and advocacy.*

800-852-2102

EVERGREEN HOUSE

(Catholic Charities)

*Transitional housing for
single recovering women.*

120 Willow Road, Suite B, Harrisburg

717-412-4594

**FAMILY HEALTH COUNCIL
OF CENTRAL PA**

717-761-7380

3461 Market Street, Suite 200

Camp Hill

www.fhccp.org

**GREATER HARRISBURG
HEALTHY START**

*A program of Hamilton Health Center that
provides prenatal and postpartum care for
women and children in Harrisburg
and Steelton area.*

717-909-1278

www.harrisburghealthystart.com

**HEART OF MARY PREGNANCY
SUPPORT SERVICES**

*Serves women facing an unplanned
pregnancy or possible pregnancy,
and biological parents with children
12 months of age and younger.*

717-843-7986

26 E. College Ave., York.

**LIGHTHOUSE
OUTREACH CENTER**

*Non-profit provides transitional housing for
women, mostly coming out of prison.*

717-236-0735

**LOURDESHOUSE
MATERNITY HOME**

*Temporary home for pregnant young
women without financial support.*

120 Willow Road., Suite A, Harrisburg

717-412-4865

**MORNINGSTAR
PREGNANCY SERVICES**

*Pregnancy-related services and information
including free pregnancy tests.*

3837 Walnut St., Harrisburg

717-901-2799

503 Bridge St., New Cumberland

717-901-5433

35 S. Union St., Middletown

717-944-3888

www.morningstarchoices.com

**PENNSYLVANIA BREAST
CANCER COALITION**

800-377-8828

717-769-2300

www.pabreastcancer.org

**PENNSYLVANIA
COMMISSION FOR WOMEN**

*Advances the diverse needs and interests
of Pennsylvania women and girls.*

717-787-5825

www.pcw.state.pa.us

**PINNACLEHEALTH WOMANCARE
RESOURCE CENTER**

*Focuses on health education, prevention of
illness and the promotion of wellness behaviors.*

717-370-7269

409 S. Second St., Harrisburg

PLANNED PARENTHOOD

Harrisburg Medical Center

1514 North 2nd Street, Harrisburg

717-234-2468

Lancaster Medical Center

31 S. Lime St., Lancaster

717-299-2891

Red Lion Center

2997 Cape Horn Road, A4, Red Lion

717-244-1412

York Center

728 Beaver St., York

717-845-9681

www.plannedparenthood.org

**THE PROGRAM
"It's About Change"
FOR FEMALE OFFENDERS**

*Serves and supports primarily women
and children; working with the criminal
justice system to reduce recidivism and
produce crime-free lives.*

717-238-9950

1515 Derry St., Harrisburg

www.theprograminc.org

**RAPE CRISIS SERVICES -
DOMESTIC VIOLENCE HOTLINE
YWCA OF GREATER HARRISBURG**

800-654-1211

1101 Market St., Harrisburg

www.ywcahbg.org

REAL ALTERNATIVES

*Provides life-affirming alternatives to
abortion services throughout the nation.*

888-LIFE-AID

SHALOM HOUSE

Shelter for homeless

women and children.

717-232-3482

P.O. Box 3893, Harrisburg

www.shalomhouse.net

WIC

*A federally funded program that provides
healthy supplemental foods and nutrition
services for pregnant women, new mothers,
infants and children under age five.*

800-942-9467

www.pawic.com

YORK RESCUE MISSION

*Offers an emergency shelter for women and
children who are homeless for various reasons.*

717-845-7662

363-373 West Market Street, York

www.yorkrescuemission.org

HELP BY AREAS

CUMBERLAND & PERRY COUNTIES

THE ARC OF CUMBERLAND AND PERRY COUNTIES

For people with intellectual and developmental disabilities.

717-249-2611

71 Ashland Ave., Carlisle

www.cparc.org

BIG SPRING AREA FOOD BANK

For Newville area residents

Last Monday of month, 9 to 11 a.m.

Big Spring United Lutheran Church

101 Crossroad School Road,

Newville

717-776-3109

BREAD OF LIFE OUTREACH

Newport Assembly of God Church

Emergency needs

Mon., Weds., & Fri., 9 a.m. to 12 p.m.

35 N. Front St., Newport

Food distribution

Second Saturday of month

717-567-3333

THE BRIDGE EMERGENCY FOOD BANK

Serves residents in New Cumberland,

Lemoyne and Camp Hill, third Friday of

every month at the Senior Center

in New Cumberland

717-774-6255

CARLISLE AREA FAMILY LIFE CENTER

A crisis pregnancy resource

and support service.

717-243-1918

155 N. Hanover St. Carlisle

www.carlislefamilylife.com

CARLISLE COMBINED AREA RESOURCES FOR EMERGENCY SHELTER

717-249-1009

50 W. Penn St., Carlisle

www.carlislecares.org

CHRISTIAN LIFE ASSEMBLY FOOD BANK

Normally operates 9 a.m. to 12 p.m.

on Tuesday following second

Monday of month.

2645 Lisburn Road., Camp Hill

717-737-6560

COMMON SENSE ADOPTION SERVICES

A licensed, non-profit adoption

and foster care agency.

717-412-0772

800-445-2444

3001 Market St., Camp Hill

www.commonsenseadoption.org

COMMUNITY ACTION COMMISSION

Various programs serving Dauphin,

Cumberland and Perry counties.

1514 Derry Street, Harrisburg

717-232-9757

www.cactricounty.org

CONTACT HELPLINE

Emergency counseling and referral

agency for social services

24 hours a day, 7 days a week

717-249-6226

800-932-4616

717-249-6226 (Carlisle)

www.contacthelpline.org

CRISIS INTERVENTION

Immediate help dealing

with a serious problem

Camp Hill, 763-2222

Carlisle: 717-243-6005

All other areas, 866-350-HELP

**CUMBERLAND COUNTY
HOUSING AND REDEVELOPEMNT
AUTHORITIES**

717-249-1315
114 N. Hanover Street, Carlisle

**CUMBERLAND COUNTY
OFFICES ON AGING**
717-240-6110

**CUMBERLAND COUNTY
ASSISTANCE OFFICE**

Crisis grants available for emergencies
717-240-2700
33 Westminster Drive, Carlisle

**DOMESTIC VIOLENCE SERVICES
OF CUMBERLAND & PERRY
COUNTIES**
800-852-2102

EMPLOYMENT SKILLS CENTER

*Provides educational,
counseling, training
and employment services*
717-243-6040
29 S. Hanover Street, Carlisle
www.employmentskillscenter.org

**FAMILY HEALTH COUNCIL
OF CENTRAL PA**

717-761-7380
3461 Market Street, Camp Hill
www.fhccp.org

FIVE LOAVES FOOD PANTRY

*Serves residents of Wormleysburg,
Lemoyne, West Fairview and Enola*
3rd Sat. of month, 10 a.m. to 12 p.m.
32 S. Front St., Wormleysburg
717-737-1903

JOIN HANDS MINISTRY

*Provides variety of services
for those in need in Perry County.*
25 E. McClure St., New Bloomfield
www.joinhandsministry.com

THE KING'S KETTLE

1st, 2nd and 3rd Tuesdays
5 - 6 p.m.
Operated by
Jesus Loves You Ministries, Inc.
717-530-9200
30 North Fayette Street,
Shippensburg

MIDPENN LEGAL SERVICES

*Offers assistance in filing a
protection from abuse (PFA) petition.*
Carlisle office:
401 E. Louthier St., Suite 103, Carlisle
717-243-9400
800-822-5288
www.midpenn.org
MORNINGSTAR
PREGNANCY SERVICES
*Pregnancy-related services
and information including
free pregnancy tests.*
503 Bridge St., New Cumberland
717-901-5433
www.morningstarchoices.com

**MOUNT HOLLY SPRINGS
FOOD BANK**

*Serves residents in Mount Holly Springs,
Gardners and Boiling Springs. Proof of
residency and photo ID is required.*
Tuesdays from 12 to 2 p.m.
202 W. Butler St.
Mount Holly Springs
717-486-4883

NEW HOPE MINISTRIES

*After school children and youth programs
from the Dillsburg, Dover, Enola, Lemoyne,
Mechanicsburg and Wellsville areas, as
well as summer camp programs.*
211 S. Baltimore St., Dillsburg
717-432-2087
www.nhp-pa.org

**PERRY COUNTY
AGENCY ON AGING**
717-582-5128

**PERRY COUNTY
ASSISTANCE OFFICE**

Crisis grants available for emergencies
717-582-2127
100 Center Drive, New Bloomfield

**PERRY COUNTY
CHILDREN AND YOUTH SERVICES**
717-582-2131

PERRY COUNTY FOOD BANK

For eligible Perry County residents
8:45 to 11:45 a.m. and 1 to 3 p.m.,
Monday and Wednesday
9 a.m. to 12 p.m. Friday
717-582-9978
300A S. Carlisle St., New Bloomfield
PERRY HUMAN SERVICES
*Provides drug and alcohol services, adult
social services, and educational programs
in the schools and in the community*
717-582-8703
Mulhollem Office Centre
8391 Spring Road, New Bloomfield

**PERRY COUNTY
LITERACY COUNCIL**

Literacy services
133 S. Fifth St., Newport
717-567-7323
www.perryliteracy.com

PROJECT S.H.A.R.E. FOOD BANK

*Distributes food to residents in the Carlisle,
Carlisle Springs, Mount Holly Springs,
Boiling Springs, Gardners (Cumberland
County), Plainfield, New Kingstown, and
Middlesex areas in the week containing the
third Thursday of the month. New times are:*
12 to 2 p.m. Tuesday 9 to 11 a.m.
Wednesday
3:30 to 5:30 p.m. Thursday
9 to 11 a.m. Saturday
717-249-7773
www.projectshare.net

SADLER HEALTH CENTER CORP.

*Provides services to uninsured
and underinsured.*
100 N. Hanover St., Carlisle
7:30 a.m. to 5:30 p.m., Monday
through Wednesday, and Friday,
7:30 a.m. to 7:30 p.m. Thursday
1100 Montour Road, Loysville
7:30 a.m. to 4 p.m. Monday, Tuesday,
Wednesday, Friday;
9 a.m. to 5:30 p.m., Thursday.
717-218-6670
www.sadlerhealth.org

THE SALVATION ARMY

Provides various services.
717-249-1411
20 E. Pomfret St., Carlisle

SAFE HARBOUR

*Provides bridge housing and
self-enhancement programs for
homeless and potentially homeless
single adults and families.*
717-249-2200
102 West High St., Carlisle
www.safeharbour.org

SENIOR CENTERS

Big Spring 717-776-4478
Carlisle 717-249-5007
Enola 717-732-3915
Mechanicsburg 717-697-5947
Shippensburg 717-530-8217
West Shore 717-774-0409

**UNITED METHODIST HOME
FOR CHILDREN INC.**

*Provides emergency shelter and residential
treatment for children on 56-acre campus in
Cumberland County. Children are referred
to the home primarily by county children
and youth agencies and family courts.*
717-766-7652
5120 Simpson Ferry Road
Mechanicsburg
www.umhcservices.org

UNITED WAY

United Way of Carlisle and
Cumberland County
717-243-4805
145 S. Hanover St., Carlisle
www.carlisleunitedway.org

VICTIM SERVICES OF THE DISTRICT ATTORNEY'S OFFICE

Main office
888-697-0371, ext. 6220
1 Courthouse Square, Carlisle
West Shore office
717-761-5599
2120 Market St., Camp Hill

YORK COUNTY

ACCESS YORK (YWCA York)

*Dedicated to helping victims and
their children who suffer from abuse or
threatened abuse; assists in preparing a
Protection From Abuse (PFA) petitions.*

Domestic violence hotlines
800-262-8444
717-846-5400
717-637-2235 (Hanover)
Sexual violence hotlines
800-422-3204
717-854-3131
www.ywcayork.org/victim-services

BELL SOCIALIZATION SERVICES FAMILY SHELTER/BRIDGE HOUSING

*Provides housing support and basic living
skills to those living with mental illness,
intellectual disabilities and homelessness.*

717-848-5767
160 S. George Street, York
www.bellsocialization.com

CATHOLIC HARVEST FOOD PANTRY

Operates food pantry in York County.
Hours are 6 to 7 p.m. Monday
through Friday, 9 a.m. to 12 p.m. first
and third Thursday of month, and
3:45 to 4:45 p.m. fourth Monday of
month.

717-846-8571
628 E. Market St., York
www.catholicarvest.org

CENTRO HISPANO JOSE E. HERNANDEZ

Assists Hispanic community in York.
717-846-9434
225 E. Princess St., York
www.chjh-york.org

CHILDREN'S HOME OF YORK

Provides social services for children.
717-755-1033
77 Shoe House Road, York
www.choyork.org

FAMILY FIRST HEALTH

*Provides medical and dental services and
offers reduced fee program.*

(Hours are for medical services)

116 South George St, York:
7 a.m. to 7 p.m. Mon. - Fri.
717-845-8617;
Hannah Penn Center:
415 E. Boundary Ave., York
7:30 a.m. to 4 p.m., Mon. - Fri.
717-843-5174;
Lewisberry office
308 Market St., Lewisberry
8 a.m. to 5 p.m., Mon. & Weds. - Fri.
9:30 a.m. to 6 p.m. Tues.
717-938-6695
Hanover office
1230 High St., Hanover
8 a.m. to 7 p.m. Mon. - Weds.
8 a.m. to 5 p.m. Thurs. & Fri.
717-632-9052
www.myfamilyfirstthealth.org

HEART OF MARY PREGNANCY SUPPORT SERVICES

*Helps women facing an unplanned
pregnancy or possible pregnancy,
and biological parents with children
12 months of age and younger.*

717-843-7986
26 E. College Ave., York

MIDPENN LEGAL SERVICES

*Offers assistance in filing a
protection from abuse (PFA) petition.*

York office:
29 N. Queen St., York
717-848-3605
www.midpenn.org

NEW HOPE MINISTRIES

*After school children and youth programs
from the Dillsburg, Dover, Enola, Lemoyne,
Mechanicsburg and Wellsville areas, as
well as summer camp programs.*

211 S. Baltimore St., Dillsburg
717-432-2087
www.nhp-pa.org

OUR DAILY BREAD

City soup kitchen.
717-848-1674
331 S. George Street, York

YORK COUNTY AREA AGENCY ON AGING

717-771-9610
100 W. Market Street, York
www.ycaaa.org

CHILDREN & YOUTH SERVICES

717-846-8496
800-729-9227

CRIME STOPPERS

717-755-TIPS
800-722-0991

DOMESTIC ABUSE HOTLINE

800-262-8444

HUMAN SERVICES DEPARTMENT

717-771-9347
800-441-2025 x9347

VICTIM SERVICES

717-771-9600
877-326-8262

YORK COUNTY LITERACY COUNCIL

Literacy services for adults.

717-845-8719
800 East King Street, York
www.yorkliteracy.org

YORK RESCUE MISSION

City soup kitchen and homeless shelter.

717-845-7662
363-373 West Market Street, York
www.yorkrescuemission.org

UPPER DAUPHIN COUNTY

HALIFAX UNITED METHODIST CHURCH

*Food bank. Serves residents in
Halifax and Millersburg area.*

717-896-8092
9 to 11 a.m. Mon.
4 to 6 p.m. Tues. & Thurs.
1st, 3rd and 5th Sat., 9 to 11 a.m.
105 Wind Hill Road, Halifax
www.halifaxumc.com

MILLERSBURG ASSEMBLY OF GOD CHURCH

Food bank.
9:30 a.m., 2nd Saturday of month
2261 Shippem Dam Road, Millersburg
717-692-3904

NORTHERN DAUPHIN FOOD PANTRY

717-905-2512

NORTHERN DAUPHIN HUMAN SERVICES CENTER

Children and youth services
295 State St. Elizabethtown
717-905-2700

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**WHERE
TO GO
WHEN YOU NEED
HELP**

2014 EDITION